

High Yield References

Overview:

West CP, Dyrbye LN, Shanafelt TD. Physician burnout: contributors, consequences and solutions. *J Intern Med.* 2018 Jun; 283(6): 516-529.

Dyrbye L and Shanafelt T. A narrative review on burnout experienced by medical students and residents. *Med Educ.* 2016 Jan; 50(1): 132-49.

Maslach C and Leiter MP. New insights into burnout and health care: Strategies for improving civility and alleviating burnout. *Med Teac.* 2017 Feb; 39(2): 160-163.

Prevalence:

Dyrbye LN, Burke SE, Hardeman RR et al: Association of Clinical Specialty With Symptoms of Burnout and Career Choice Regret Among US Resident Physicians. Burnout/Career Choice regret prevalence by speciality. *JAMA.* 2018 320(11):1114-1130.

Dyrbye LN, West CP, Satele D, et al. Burnout among U.S. medical students, residents, and early career physicians relative to the general U.S. population. *Acad Med.* 2014;89:443–451.

Shanafelt TD, Hasan O, Dyrbye LN, et al. Changes in Burnout and Satisfaction With Work-Life Balance in Physicians and the General US Working Population Between 2011 and 2014. *Mayo Clin Proc* 2015 Dec; 90(12):1600-13.

Effects of Burnout:

Panagioti M, Geraghty K, Johnson J, et al. Association Between Physician Burnout and Patient Safety, Professionalism, and Patient Satisfaction: A Systematic Review and Meta-analysis. *JAMA Intern Med.* 2018;178(10):1317–1330.

Shanafelt TD, Mungo M, Schmitgen J, et al. Longitudinal study evaluating the association between physician burnout and changes in professional work effort. *Mayo Clin Proc.* 2016 Apr; 91(4): 422-31.

Burnout Interventions-Reviews:

Busireddy KR, Miller JA, Ellison K, Ren V, Qayyum R, and Panda M. Efficacy of interventions to reduce resident physician burnout: a systematic review. *J Grad Med Educ.* 2017 Jun; 9(3): 294-301.

West CP, Dyrbye LN, Erwin PJ, and Shanafelt TD. Interventions to prevent and reduce physician burnout: a systematic review and meta-analysis. *Lancet.* 2016 Nov; 388(10057): 2272-2281.

Panagioti M, Panagopoulou E, Bower P et al. Controlled Interventions to Reduce Burnout in Physicians. A Systematic Review and Meta-analysis. *JAMA Intern Med.* 2017;177(2):195-205

National EM Efforts beyond CORD

2017 Resident Wellness Consensus Summit scholarly activity:

Battaglioli N, Ankel F, Doty C, Chung A, Lin M. Executive Summary from the 2017 Emergency Medicine Resident Wellness Consensus Summit. West J Emerg Med. 2018 Mar;19(2):332-336.

Zaver F, Battaglioli N, Deng W, Messman A, Chung A, Lin M, and Liu EL. Identifying gaps and launching resident wellness initiatives: the 2017 resident wellness consensus summit. West J Emerg Med. 2018 Mar; 19(2): 342-345.

Arnold J, Tango J, Walker I et al. An Evidence-based, Longitudinal Curriculum for Resident Physician Wellness: The 2017 Resident Wellness Consensus Summit. West J Emerg Med. 2018 Mar;19(2):337-341.

Chung AS, Smart J, Zdradzinski M et al. Educator Toolkits on Second Victim Syndrome, Mindfulness and Meditation, and Positive Psychology: The 2017 Resident Wellness Consensus Summit. West J Emerg Med. 2018 Mar;19(2):327-331.

<https://www.aliem.com/wellness-think-tank/wellness-initiatives-database/>

AAEM: <https://www.aaem.org/get-involved/committees/committee-groups/wellness>

ACEP: <https://www.acep.org/emwellnessweek>

National Collaborations

ACGME: Physician well-being. Accreditation Council for Graduate Medical Education website.
<https://www.acgme.org/What-We-Do/Initiatives/Physician-Well-Being>

<https://www.acgme.org/What-We-Do/Initiatives/Physician-Well-Being/ACGME-Symposium-on-Physician-Well-Being>

AMA: Steps Forward. <https://edhub.ama-assn.org/steps-forward/pages/professional-well-being>

National Academy of Medicine: Action Collaborative on Clinician Well-Being and Resilience:
<https://nam.edu/initiatives/clinician-resilience-and-well-being/>



Resilience Resources

General:

"What is Resilience" <http://blogs.jwatch.org/general-medicine/index.php/2016/07/what-is-resilience/>

10 Ways to Build Resilience from American Psychological Association

<http://wellmd.stanford.edu/content/dam/sm/wellmd/documents/10-ways-to-build-resilience.pdf>

Appreciative Inquiry:

"Three Good Things" resilience video: <https://www.youtube.com/watch?v=57ru-P7EuMw>

Narrative Medicine:

How to Tell a Mother Her Child is Dead. Naomi Rosenberg. The New York Times.

<https://www.nytimes.com/2016/09/04/opinion/sunday/how-to-tell-a-mother-her-child-is-dead.html>

"Special Report: Who Lives, Who Dies, Who Tells Your Story? The Magic of Narrative Medicine in the ED. Gina Shaw. Emergency Medicine News. 2017 Jan; 39(1): 20-21.

https://journals.lww.com/emnews/fulltext/2017/04000/Letter_to_the_Editor__Narrative_Medicine_in_the_ED.27.aspx



Resilience Resources

Exquisite Empathy:

Implicit Association Tests <https://implicit.harvard.edu/implicit/takeatest.html>

“Doctors have feelings, too,” Danielle Ofri. The New York Times. 2012. http://www.nytimes.com/2012/03/28/opinion/doctors-have-feelings-too.html?_r=1&emc=eta1

Mindful Self-Awareness:

“Kettlebells for the Brain.” Scott Weingart. Emergency Medicine News. 2017 Jan; 39(1): 26-27.

https://journals.lww.com/em-news/fulltext/2017/01000/First_Person__Kettlebells_for_the_Brain.17.aspx

10 simple ways you can practice mindfulness each day” Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital

<http://www.instituteoflifestylemedicine.org/wp-content/uploads/2015/04/10SimpleWaysYouCanPracticeMindfulnessEachDay.pdf>